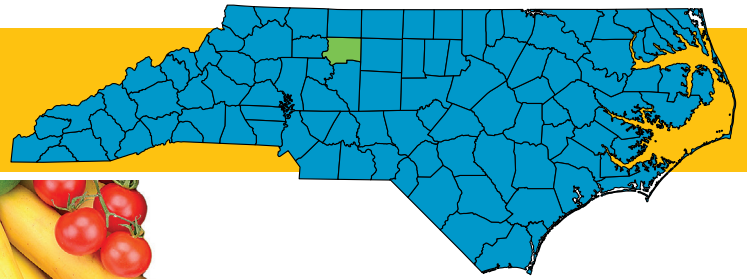




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2016 NC Cooperative Extension Forsyth County Report

### North Carolina's Challenges

- In North Carolina, **1 in 4** children live in poverty.
- North Carolina's adult obesity rate is currently **30%**.
- **15.2%** of 2- to 4-year-olds from low-income families are obese. This makes us the **7th** most obese state.
- North Carolina has the **18th** highest rate of diabetes and the **11th** highest rate of hypertension.

### Supporting North Carolina's Families with Greatest Needs Since 1969

EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, physical activity strategies, and shopping on a limited budget. EFNEP provides:

- Peer-to-peer, hands-on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



### EFNEP Reaches Diverse Audiences in Forsyth County

In 2016: **191** families enrolled in EFNEP


**99%** of EFNEP participants enrolled in one or more food assistance programs.


### WHAT IS EFNEP?


EFNEP serves limited-resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population. In 2016, EFNEP served 45 counties in North Carolina. Participants learned how to:

- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

### EFNEP Makes a Real Difference in Forsyth County

 **100%** of EFNEP participants improved dietary intake.

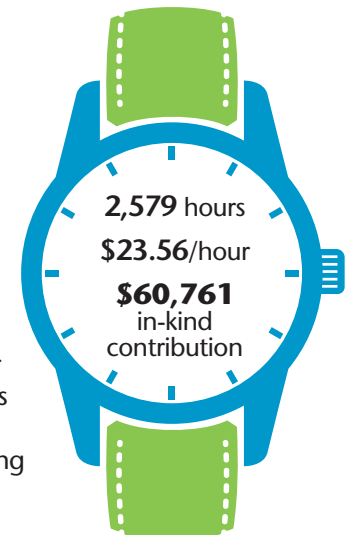
 **85%** now practice daily physical activity.

 **100%** practice better food resource management.

 **100%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2016, **38** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



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Forsyth County  
EFNEP programs obtained

# \$1,600

in funding and support  
from local efforts.

## EFNEP SUCCESS



Another positive side effect of removing soda from her diet is weight loss. She and her family are much happier and feel healthier without the extra sugar in their diet.

### EFNEP Participant Cuts Back on Sugar—Saves Money and More

According to the latest Forsyth County Community Health Assessment, cancer, heart disease and stroke are the leading causes of death in the county. It also indicated that the top health issues are overweight/obesity and chronic disease.

The Forsyth County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with a local church to teach limited resource families to eat smart and move more in order to reduce their risks of chronic disease. The entry assessments showed that most of the participants drank at least one can of soft drinks a day. One participant shared that she bought a case of soft drinks every week. Her children also drank sugary beverages daily.

The program assistant focused her lessons on reading food labels, portion sizes, and making smart drink choices. She taught participants how to convert grams of sugar to teaspoons and discussed strategies to reduce added sugar in the diet. She shared recipes that were low in added sugars and kid friendly.

As a result of EFNEP, the participant has learned the consequences of a high sugar diet and has stopped buying soda for her and her children. Instead, they are now drinking water. This has saved her at least \$20 a month since she no longer buys soda. Another positive side effect of removing soda from her diet is weight loss. It has been six months since the switch, and she has lost six pounds. She and her family are much happier and feel healthier without the extra sugar in their diet.

### Family Changes Eating Habits and Reaps Rewards

With help from Forsyth County Cooperative Extension, using instruction through the Expanded Food and Nutrition Education Program (EFNEP), and NC A & T University's *Table for Two* curriculum, one young family is making sustained improvements to their eating habits. Meals in the household now include leaner cuts of meat, lower-fat milk, more fruits and vegetables, and a dramatic reduction in the consumption of sugary drinks and other sweets.

These changes led to weight loss for both mom and dad (70 pounds for dad), lower blood glucose levels, and a reduced incidence of back and leg strain. The children also benefited. The new normal is a son who loves oranges more than chips and a daughter who prefers fruits and vegetables. The mom, who participated in EFNEP during her pregnancy, is now sharing what she learned with her boss and coworkers, friends, and extended family.

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